

phy that you don't need to attend and don't need anyone else. This also increases your danger of relapse. Therefore, always do your absolute best to attend every meeting.

- Make Monday night Celebrate Recovery meetings and Step Studies a priority in your life and you will always make progress in your recovery!

Remember, it's PROGRESS not PERFECTION!!!

Keep working the program, because THE PROGRAM WORKS!!!

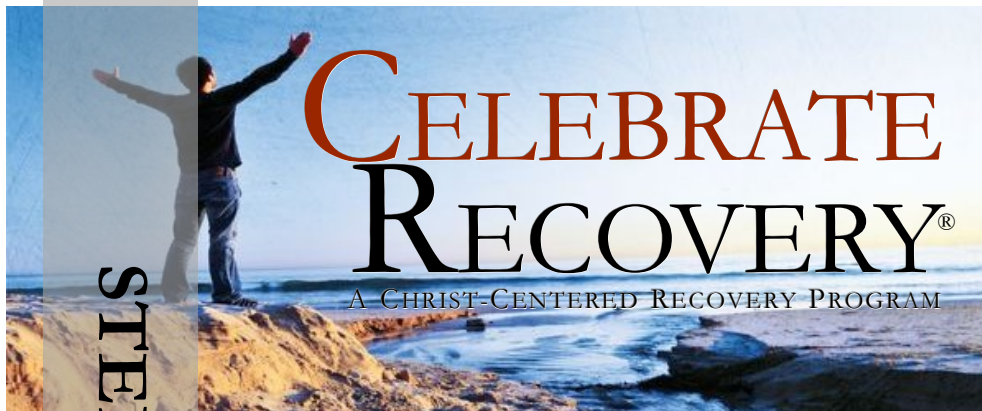
Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:



“As iron sharpens iron, so one man sharpens another”
Proverbs 27:17

We meet Monday nights:

6:15 - 7:00 p.m.	Dinner (\$4)
7:00 - 8:00 p.m.	Large Group
8:00 - 9:00 p.m.	Small Group
9:00 - 9:45 p.m.	Walt's Cafe

Idlewild Baptist Church
Life Discovery Ministry
18333 Exciting Idlewild Blvd
Lutz, FL 33558
813.264.8771

STEP STUDY GUIDELINES

About Celebrate Recovery Step Groups

Celebrate Recovery Step Study small groups are the applied extension of the regular Monday night meetings where the real work happens. The Step Study groups actually go through all 25 CR lessons using the 4 Celebrate Recovery Participants Guides. Participants answer and discuss questions at the end of each lesson.

Step Study groups meet together once a week for approximately nine months to one year. There are separate groups for men and women.

New groups begin several times a year. Be sure to check with a CR Leader to see when the next Step Study will begin.

Step Study Eligibility

- You **MUST** attend Celebrate Recovery on Monday nights on a regular basis for at least 4 weeks (more is preferred). This will insure that you are working the entire program and maintaining healthy relationships with others. Throughout the program, ask yourself, "How many times have I been present at Monday meetings recently?"
- You need to be **18 years old or older** to attend.
- Realize that the commitment to a Step Study can take **up to 1 year**.
- Sobriety is required. You need to abstain from any addictions and be actively working on your issues. The minimum sobriety to enter a Step Study is 30 days, but 60 days sober or more is preferred for optimum success. This is essential for a sound mind and clear thinking. The steps won't work if you're still "stuffing" your feelings, using or "acting out." You **MUST** also maintain honesty and accountability about any relapses during the study.
- There will be **NO FOOD** or **SNACKS** permitted, as this is a way of coping for some people. We need to avoid reaching for a "fix" during the meetings when emotions are very vulnerable. For this reason, there are also **NO SMOKE BREAKS** during the meeting.
- You're required to sign a Commitment Statement between you, God and Celebrate Recovery.
- Attendance is **STRICTLY ENFORCED**. If you have more than 3 absences for a

Step Study, you will need to meet with the Group Leader & Ministry Leader to determine if you should continue. You may be asked to step away from the Step Study and rejoin when the next group becomes available.

- Report absences to your Step Study Group Leader as soon as possible. You'll also find out the homework for the upcoming week. Remember that it's **YOUR RESPONSIBILITY** to make the call and keep up with each lesson!.
- The cost for a participant guide is \$4.95 per book (\$20.00 for all 4 Celebrate Recovery Participants Guides and materials). Any financial hardship may be discussed with the Group Leader or Ministry Leader.
- It is suggested that you also use a copy of the Celebrate Recovery Bible. This the only Bible that will be used in Step Study. The cost is \$20.00.
- **NO OUTSIDE MATERIAL** is to be used or presented in the Step Study. Some examples would be the Big Book, the Twelve & Twelve, books by Christian or non-Christian authors, etc. This avoids any issues with mixing philosophies and, thus, confuse and dilute the power of the Step Study program.
- **NO CATALOGS OR LITERATURE** are allowed. This includes things like Avon, Tupperware or other personal sales items. The focus in the rooms is strictly **RECOVERY**. Nothing else is allowed.
- Small Group Guidelines will be **STRICTLY ENFORCED**. All sharing needs to be focused on the Step and related workbook questions. You can always share with your group members after the meeting, if you need to.
- Workbook answers are essential to growth are, therefore, required. Questions must be written out before the meeting. There is **NO** writing in workbooks during the meetings, except to jot a note down. We must always give attention to those who are sharing.
- With recovery, and especially the Celebrate Recovery Step Study, you will get out what you put into it. Remember that you are not the only one affected by your commitment to a Step Study. Others rely on you as much as you rely on them.
- Remember, it takes **ALL PARTS** working together to form a working body. It's the same with Monday night Celebrate Recovery and Step Studies. Everyone needs to be present for recovery to work at its optimum. Therefore, when you miss a meeting, that part of our "recovery team" is missing. Staying home doesn't allow you to continue your part in the meeting. This results in cheating yourself and negatively affecting others in your group. Eventually, your absence will turn into the incorrect philoso-